

WOW News



June 2004

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"Enjoy an Active Michigan Summer."

**Walk, hike, bike and swim
our beautiful state
to promote health and fitness.**

Summer is almost here; now is the perfect time to
'step-up' your physical activity to achieve a
happier, healthier and more productive life.

Hints for a physically active lifestyle are:

- Focus on health, not your appearance. Combine physical activity with proper nutrition to improve health.
- Make time for evening walks with family, friends, and neighbors. By adding 30 minutes of brisk walking daily you will burn approximately 150 calories.
- Add small amounts of physical activity to your workday. These little things add up to health: bike to work, take the stairs, park your car farther away, get off the bus one stop earlier.
- Play with your children. Step away from the TV/ computer and get outside — run, skip, jump rope, gallop, bike, play tag, climb trees, etc.
- Work toward accumulating at least 30 minutes of physical activity a day. Keep a log of your progress.

Click on the [Governor's Council on Physical Fitness,
Health & Sports](#) for more information.

I am writing to tell you how I turned my life around.

I have been employed as a Corrections Officer for the last 8 years. When I hired in, I weighed 230 pounds. Over the first year I gradually got down to 185 pounds. I kept the weight off for about a year. I was exercising a little, but mostly eating healthy. As the next 5 or 6 years came and went, I stopped eating healthy, stopped exercising and became a "sit in front of the computer or television and do nothing kind of guy". I weighed 258 pounds.

Two years ago my father-in-law had a massive heart attack. I watched him die twice, and both times they brought him back. His heart stopped a total of 3 times during that dreadful day and he somehow survived. I however did not see a need to do anything about my weight and health. "He's not my immediate family, so I don't have to worry about heart disease," I said to my wife. She, on the other hand, decided it was time to do something about her weight, and started walking every day. Still I did nothing.

My wife dropped 45 pounds and I noticed guys looking at her. I started feeling bad because she was looking like she did when we first met, and I was looking like I sat at an all-you-can-eat buffet everyday.

So I started running. I ran for 10 minutes every day when I first started, and gradually got faster and ran longer. I started to eat right, and run and run and run. There were days I would run twice, once in the morning and again at night. Before I knew it I was running 3 miles a day and was down to 220 pounds. If I could lose 40 pounds, let's just see how far I can go. My next goal was 200 pounds, then 190 and then 180. After a year of running and lifting weights, I weigh 172 pounds.

I made the decision to be healthier, and I am thankful for my beautiful wife supporting me in my decision. I can now run around the yard with my 2 children, and play tag or ball or anything they want without having to quit after 5 minutes and go rest. I run or walk with my wife; we work-out together, which gives us more time together. I look like a totally different man, and feel great! I alternate my running and lifting weights days, and have started to build muscle. I eat healthy for the most part; ice cream and pop are still my weakness. I have made a lifestyle change, and I will not stop working-out or exercising.

The key to losing weight for me is 'cardio' exercise. Yes, eating healthy is a big part of it, but when I run on most days, I can eat almost anything, and still achieve and maintain a healthy weight. Everybody is different and not everything works the same for everybody.

I went from 258 pounds down to 172 pounds. My health is better in all aspects of my life. I feel good, I feel younger, and I can do things I haven't done for 10 years. I am committed to living life to the fullest; to being healthier and happier.

Please share your "success" story, and e-mail MDCS-WOW-Working On Wellness



I am a toxicologist in the Air Quality Division, DEQ. I have been practicing yoga in some form or another for about 5 years or so. Aside from the physical benefits, of which there are many, I especially enjoy the mental benefits of the practice. I think this is why I am really enjoying *Ann's approach because it is very mind-centered. She emphasizes observation of internal cues and personalizing the practice to our own body types and needs.

Yoga is energizing both physically and mentally, but it is a more focused and controlled energy than the kind of energy I have received from taking aerobics class. When I finish class I feel like I can take on anything! Plus, my posture has improved so much that I look 10 pounds thinner!

I see yoga as less of an exercise program and more of a lifestyle program. For me, it releases stress, anger, and tension and replaces it with an overall sense of well-being.

"Yoga is a noncompetitive, gentle activity that can boost flexibility and strength, making your body feel younger," says *Ann Lapo, who practices and teaches Yoga in the Greater Lansing area. People of all ages and physical conditions can practice yoga, starting at any age. It can be done while seated at a desk, or as a high energy workout for fitness. A typical session includes three disciplines: body postures, breathing exercises, and meditation. The goal is to gently stretch all the muscle groups in the body as you work with the breath. Meditation and relaxation accompany, and you'll leave the session with both body and mind relaxed.

Ann has classes for interested state employees in Constitution Hall and the Romney Building, Lansing. With their management's support employee "wellness" groups coordinate such activities in the worksite. Employees pay to participate, and attend the classes on their own time.

In 2003 "Yoga Journal" reported that 23% of yoga enthusiasts are male, many of them opting for power yoga, which is a set of flowing movements that test strength and conditioning.

To have a YOGA at your desk screensaver, visit:
<http://www.healthyutah.org/home/resources/screensavers/>

Do you have a **worksite wellness** group? Please share your activities with fellow employees statewide, and e-mail [MDCS-WOW-Working On Wellness](#)

Fuji Apple, Chicken and Bleu Cheese Salad

INGREDIENTS:

3 Fuji apples, cored and cubed
3 Boneless skinless chicken breast halves, cooked and cubed
1 c Seedless red grapes, cut in halves if large
5 c Mixed salad greens
1/4 c Fat-free mayonnaise (for Dressing)
1/4 c Crumbled bleu cheese (for Dressing)
1-1/2 t Lemon juice (for Dressing)

PREPARATION METHOD

Toss together apples, chicken, and grapes with bleu cheese dressing. Divide greens between four salad plates. Place a generous cupful of apple-chicken salad on each plate. Makes 4 servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 249
Fat: 6 g
Calories from Fat: 20
Cholesterol: 56 mg
Fiber: 3 g

Visit AboutProduce.com for more recipes.

WOW's Contest and FREE Drawing for 06/04

All State of Michigan employees are eligible.

- Send your answer by the WOW e-mail link provided:
MDCS-WOW-WorkingOnWellness@michigan.gov
- The names of employees giving the "**correct**" answer will be put into a monthly drawing for one FREE gift.
- Each month one new winner will be chosen; sorry an employee can **win only once**.
- Winner will be announced in the following month's **WOW** mass e-mail.

June 2004's question is: Which antioxidant can protect your eyes against cataracts & macular degeneration, and which 2 foods are high in this nutrient?

The answers are in June's *WOW* website.

Send your answer in the WOW email **by June 18th**

Watch monthly in WOW News for the contest!

Employee Health and Wellness e-mail: MDCS-WOW-WorkingOnWellness

A Health Fair Celebration

May 19, 2004 was National Employee Health & Fitness Day. It is a yearly 'special' opportunity to:

- promote the benefits of physical fitness & eating healthy
- encourage healthy lifestyle choices
- educate people about stress management and back care

Over 300 state employees in Capitol Commons Center in Lansing attended the MDCS Health Fair to celebrate their health and fitness.

The CELEBRATION included:

Yoga demonstration
Tai Chi demo
N.I.A. (an exercise dance) demo
Reflexology demonstrations
Exercise ball demos
Healthy feet clinic
American Diabetic Assoc.
American Heart Assoc.
American Lung Assoc.
Arthritis Foundation
5-9-A Day (fruits & veggies)
3-A-Day (dairy products)
Stretch/resistance band demos
Local fitness clubs & sporting good retailers

Weight Watchers'
Back care/ergonomics
League of MI Bicyclists
Rails to Trails
ESP & DeStressing
Osteoporosis screening
Healthy foods kiosk
BP, BMI, & Body Fat Analysis
Enjoy An Active Summer display
BCBS & PHP
"Casting" demo (fishing)
Lots of BALLOONS
Hearing tests
350 pedometers were given to employees

Every 1/2 hour = free drawings for 56 lucky winners!

